

**Military Community and Family Support Services  
Military OneSource Program  
Glossary of Terms  
Attachment 3**

<b>Term</b>	<b>Definition</b>
Addictive Relationships	Abuse and neglect; couples; divorce and separation; emotional aspects; family relationships
Anxiety	Separation anxiety; social anxiety; coping with anxiety; stress related anxiety; recognizing stress and anxiety in others and helping them cope
Anger	Anger management; controlling outbursts; preventative techniques; aggressive behavior
Assertiveness	Developing confidence; dealing with inferiority complex; learning to be more assertive
Binge Drinking	Warning signs; what to do when you suspect binge drinking;
Boyfriends/Girlfriends	Dealing with boyfriend/girlfriend relationships; adolescence and developing an interest in the opposite sex; puberty
Child Care	Parenting and child care issues; child care referrals (child care centers and family day care homes); child development; back up child care; separation anxiety
Children's Education	School locator; on-line homework centers; DoDEA link; on-line teacher training; etc.
Children and Youth	Child care center; family child care; before and after school care; pre-K; child care locator; summer child care; home alone; communicating with providers; paying for child care; extended hour care; occasional care; youth recreational activities; youth sponsorship, etc.
Conflict Resolution	Dealing with conflict; controlling aggression
Coping with Abuse	Victim advocacy; Duty to warn; Child Abuse/Neglect; Child Sexual Abuse; Domestic Abuse; Financial Neglect/Non-Support; Domestic Abuse Shelters; How & Where to Report Child Abuse; etc.
Counseling ("Need to Talk?")	Problem-solving counseling; educational sessions; surge; coaching support; etc.
Decision Making	Making tough decisions; considering consequences of decisions; making the right marriage decision during deployment situations; raising responsible decision-making children

Deployment Connections	Pre, During, Post Deployment; etc.
Deployment Stress	Coping with deployment; holiday stress and deployment; helping children understand and cope with deployment; return and reunion stress
Elder Care	Community resources; elder care locator; long-term care options; supporting the caregiver; etc.
Emotional Well-Being	Anxiety; depression; moodiness; relationships; emotional aspects of divorce/separation; personal growth; balancing work and life; coping with grief; suicide; violence and trauma
Family Relationships and Concerns	Building strong family bonds; managing single parenthood; non-traditional families; co-dependency in relationships; managing difficult teenagers; step families; staying connected; adoption; etc.
Financial Stability	Budget counseling; Money management; Banking; Credit management; Debt liquidation (Overcoming debt problems); Financial record keeping; Savings and Investments ; Government Insurance (example: SGLI); Management of special duty pays; Home Buying; and; Government Thrift Savings Plan
For Pet's Sake	Moving with pets; quarantine; training; how to choose the right pet; etc.
Friends/Roommates	Building strong friendships; making new friends as an adult; keeping in touch with friends; living with roommates
Healthy Habits	Link to TRICARE; stress management; diet; exercise; work/life balance; etc.
Homesickness	Coping with being away from home/loved ones; homesickness when deployed; homesickness when relocating
Individuation/Sense of Self	Self-esteem; building a sense of identity; understanding your value; etc.
Legal Matters	Link to legal assistance; wills; consumer issues; family law; etc.
Lifelong Learning (College, Scholarships)	Colleges and universities search; distance education locator; scholarship search; education loan information; tuition assistance; certification & licensing; etc.
Loss and Grief	Dealing with grief and loss; grief and loss after a traumatic event; coping with unresolved grief; managing performance during times of loss; helping children deal with loss; coping with the death of a spouse or family member

Making Friends	Making new friends; building strong friendships; developing friends from different cultures; etc.
Marital/Couples Issues	Maintaining strong relationships during times of deployment; marital stress; building trust; couples problem-solving counseling; couples and money; couples issues when living abroad; keeping communication lines open; growing as a couple in midlife; infertility; etc.
Military Hotels (Lodging)	Temporary housing facilities available for use by service members, dependents, and DoD civilian employees
Military 101	Service websites; benefits; etc.
Money Matters	Budgeting; Turbo Tax; TSP; budget worksheets; saving for retirement; aid societies; on-line calculators; mortgage; loans; credit cards; etc.
Parenting	Becoming a parent; adoption; children's health; school issues; communicating with children; balancing work and family; single parenting; discipline; loss/birth complications; pregnancy; infertility; child developmental stages; etc.
Parent-Child Communications	Talking to children about violence and war; listening to your children; verbal and non-verbal communications; helping children deal with deployment; talking to your teenager; talking to children about change; etc.
Perfectionism	Helping children deal with social and academic pressures; dealing with failure; managing expectations; etc.
Recreation (MWR)	Link to AFRTs; recreation opportunities; MWR; travel; etc.
School Work/Grades	Homework tips; study skills; tutoring; adjusting to a new school and new expectations; helping your child succeed in school
Self-Esteem/Independence	Building self-esteem; developing independence when a spouse is deployed; building a sense of identity; how to help your teenager become independent and self-motivated; building self-esteem as an adult; etc.
Serious Illness in Family	Coping with illness; talking to children about serious illness; dealing with a loved one who is terminally ill; etc.
Shopping and Services (Commissary/Exchanges)	Link to DECA and exchanges; etc.
Smooth Moves (Relocation)	SITES link; family relocation; making connections in a new community; planning a move; move checklist; know your neighborhood; families first; etc.

Social Issues	Becoming involved in your community; community service; building community as a single parent; volunteering and community involvement; awareness of social issues; etc.
Special Needs	Disabilities; education; special needs assistance; schools, etc.
Spouse Careers (Training & Education)	Job search; career assistance; resume posting; certification & licensure; scholarships; education (GED, college, graduate); etc.
Spouse Career Counseling	Personalized assessment/analysis of skills and interests; Assess training and education interests; Career exploration; Assist with resume writing; Guidance on use of Internet to obtain employment; Assist with professional credentialing and licensure requirements; Develop interview skills; Provide information on occupations and salaries; and Assist with career planning and transitions
Stress	Managing deployment stress; combat and operational stress; stress and depression; teenagers and stress; understanding and avoiding burnout; managing stress as a family; caregiver/support stress; etc.
Substance Abuse (Addiction and Recovery)	Alcohol and drugs; co-worker/friend/partner intervention; prevention; compulsive behaviors; etc.
Transition to Civilian Life	Transition to civilian life; VA issues; link to VA website; etc.
TRICARE	Military medical care system
Values/Life Meaning	“Why are we here”; religion and values; remaining true to your values; building good values in children; how your values can affect your children; teaching children to resist biases and prejudices